

# Keren explains why sex doesn't have to stop at 50

A COMPANY is running workshops in Camden to prove that life does start at 50 and sex doesn't have to stop.

Keren Smedley, 57, is an author, agony aunt and the director of Experience Matters, an organisation that offers coaching, workshops and consultancy to keep over 50s energised.

She is bringing her expertise to Myhotel, in Bayley Street, Bloomsbury, on June 20, in a workshop called All That You Need to Know About Relationships, Love and Sex.

Ms Smedley will be joined by ex-television newsreader Jan Leeming, who will run a Q&A on the subjects and share her own experiences.

Ms Smedley, whose latest book is called *Who's That Sleeping in My Bed? The Art of Sex and Successful Relationships for Baby Boomers*, said: "Sex may change as we get older, but



■ KEREN SMEDLEY

that's the good news. People in their 50s are at a stage where children may have moved out and they may be reconnecting in their relationships.

"The workshop will give people a chance to work out they want from a relationship."

Tickets can be booked at [www.experiencematters.org.uk](http://www.experiencematters.org.uk).